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HIGH LEVEL BRIDGE

**Those affected
by suicide push
back in debate
over barriers**

 **Samantha
Power**
For Metro | Edmonton

With criticism of suicide barriers along the High Level Bridge not showing signs of cooling, supporters of the barriers gathered Monday to call for residents to remember their purpose.

The City of Edmonton, the Canadian Mental Health Association and several residents affected by suicide all came together to support the installation of the barriers.

"Edmonton gets to add its name to the list of cities that have done something meaningful about suicide off of bridges," said Kris Andreychuk, supervisor of community safety for the City

of Edmonton.

Andreychuk said Monday's city press conference was not called in reaction to the negative attention the barriers have received.

Instead, he said, the messaging event was always planned as part of the broader strategy around suicide prevention.

Dan Klemke, whose wife took her life from the bridge in 2013, has advocated for barriers of some form since then.

Klemke said while he's sensitive to the issues around bridge traffic, it's time to remember their purpose.

"It is going to save lives so we need to move forward from here," Klemke said.

"The suicide barrier here is not perfect and not without controversy, but it is fundamentally sound."

The barriers are only one part of a collaborative strategy to suicide reduction.

The full strategy will be presented to the community services committee on Sept. 12, 2016.

ISTOCK

THIS IS A GATEWAY NOT A SOLUTION

Vaping is exploding — but while some see it as a way to quit tobacco, researchers worry it's actually a path towards it

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“

Slip into a deep meditative state, that's when the magic happens.

Dominic McKenzie



No noise, no light, just water. That's the idea behind 'floating,' and a number of new centres popping up in Edmonton — with a dozen expected here by next summer. SUPPLIED/FLOAT HOUSE

Floating a new idea in Edmonton

RECREATION

Flotation therapy booms in the city

Alex Boyd
Metro | Edmonton

Strip down, climb into a giant vat of water in a quiet, darkened room and do... absolutely nothing.

Some call it flotation therapy or sensory deprivation, but those in the business call it "floating."

In Edmonton, the floating business is suddenly booming.

Matthew Smith, a co-founder of Modern Gravity Float Studio, on 120 Street, estimates

there will be a dozen floating businesses in the city by next summer.

Smith joked that he and his business partners used to be known as the "basement guys," as they started their float business back in 2014 out of their homes, before moving to a storefront location in January.

"We're starting to see places open up pretty much everywhere," he said. "There's the blunt way I like to explain it — that people are sick and tired of feeling like shit, people are sick and tired of not feeling well."

So what, exactly, is floating?

"The experience of floating is really just getting into and thinking of nothing," said Dominic McKenzie, owner of a new centre called Float House,

currently under construction



From left, Alex Caouette and owner Dominic McKenzie outside Float House, set to open in September. ALEX BOYD/METRO

just off of Whyte Ave.

"If you just let go of conscious control and let your mind go where it wants to."

He said that most of us are feeling constant stimulation

when the magic happens."

McKenzie compares floating to yoga, in that it can often take a few sessions to stop feeling awkward and start reaping the benefits.

It seems some Edmontonians agree, as the practice has grown from basically nil in the last couple of years to big enough to support half a dozen centres currently. Individual floats are usually in the \$80 range, with memberships also available.

Smith added that in a world where people are always looking for a magic health bullet, floating doesn't require classes, or routines or much in the way of specialized equipment.

"The only thing floating really involves is the courage to go out and do it."

TANK TUTORIAL

For 'wet behind the ears' newbies to this technique

A good float tank blocks out all stimuli, so no phones allowed. Tanks are light-proof, sound-proof and have a neutral smell. Water is heated to body temperature so you feel it as little as possible.

At Float House's existing locations in B.C., the tanks look a little like space capsules, with a hatch for getting in and out. The water is 10 inches deep with 800 pounds of dissolved Epsom salts so you can float without trying.

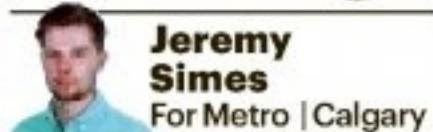
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PARENTAL SUPPORT

Legislature takes baby steps to being more family friendly

 Jeremy Simes
For Metro | Calgary

Service Alberta Minister Stephanie McLean hopes the legislature will become a more family-friendly place later this fall when a committee proposes changes to better support moms and dads working for the government.

As associate Health Minister Brandy Payne welcomed baby Cassidy to her family on Saturday, a government sub-committee has been working behind the scenes making recommendations that intend to make life a little easier for legislature parents.

The reason behind the review is largely due to current legislature rules that state MLAs who miss more than 10 days of sittings will have \$100 docked from their pay per absence. The exceptions to that rule include illness, public duties or bereavement.

MLAs also don't pay into employment insurance, meaning they can't take paid parental leave.

McLean said she has attended legislature sittings a few times with baby Patrick in tow so that she isn't penalized.



Service Alberta Minister Stephanie McLean has sported baby Patrick so she doesn't break legislature rules. THE CANADIAN PRESS

She said she hopes any new changes will recognize the role that parents play, particularly women during their child-bearing years.

"For us in Alberta, a lot of it was figuring it out as we went," she said, "and I think it'll be good to have some formal recognition of certain allowances that have been made. It's an opportunity to be at the forefront of change and set the standard for the rest of the country."

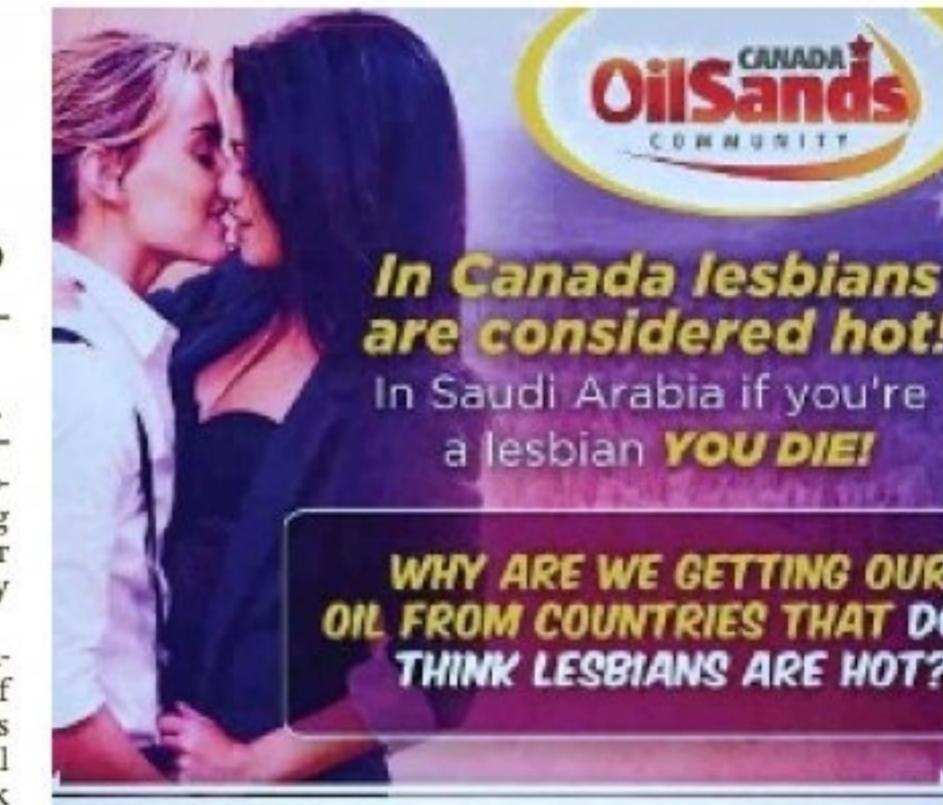
During the last November, NDP MLA Estefania Cortes-Vargas proposed a non-binding motion requesting the government con-

sider including child-care spaces in new provincial buildings.

NDP MLA Robyn Luff has been leading the sub-committee to recommend rule changes, which could see things like nurturing and diaper-changing spaces.

Even Infrastructure and Transportation Minister Brian Mason has been scouring the Alberta Legislature for a possible day-care space as one doesn't exist currently, McLean said.

She said a space would be helpful for both elected officials and government employees, adding a clerk will be going on maternity leave shortly.



Canada Oil Sands Community is under fire for this Facebook post. FACEBOOK

down, calling it offensive, sexist and inappropriate.

"First of all it objectifies women. Secondly, it uses lesbian women as some kind of male heterosexual fetish or fantasy," Wells said. "It com-

pletely delegitimizes the entire point that organization is trying to make about standing up for human rights abuses in countries that Canada does trading with."

The oilsands advocacy group is based in Fort McMurray and led by Robbie Picard.

Picard has spoken publicly about being gay and who has appeared on Rebel Media and been featured in Alberta Oil magazine as an ambassador for the industry.

Picard had not returned Metro's request for comment at press time.

It uses lesbian women as some kind of male heterosexual fetish or fantasy.

Dr. Kris Wells

Marchand is the city's first Indigenous artist in residence. The part-time position created in part by the Edmonton Arts Council and the Indigenous Relations Office at the City of Edmonton.

Marchand said she hopes to set a vision of collaboration for the future of the residency program.

"My job is to create something that others will be able to pick up and walk with," she said.



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'Hot lesbians' ad gets cold shoulder

SEXISM

Viral 'equality' promo blows up in face of oilsands group

 Matt Kieltyka
Metro | Vancouver

An online ad claiming to support "equality" by portraying "hot" lesbians backfired for an Alberta oilsands advocacy group Monday.

"In Canada lesbians are considered hot. In Saudi Arabia if you're a lesbian you die!" reads the ad posted by the Canada Oil Sands Community Facebook group, next to a photo of two women kissing.

"Why are we getting our oil from countries that don't think lesbians are hot?!"

The image concludes with the phrase "Choose Equality! Choose Canadian oil!" inside an arrow that points to one woman's buttocks. It was posted with the hashtag #lesbian-sharehot.

The post had been shared more than 1,000 times on Facebook by Monday afternoon and garnered dozens of incensed comments, with people lambasting the ad as repulsive and misogynistic.

Comments on the group's Facebook page were almost entirely negative.

"I am a person, not a piece of pornography to be applied to whatever marketing BS you've come up with," one woman wrote.

Dr. Kris Wells, faculty director with the University of Alberta's Institute for Sexual Minority Studies and Services, said the ad should be taken

ARTS

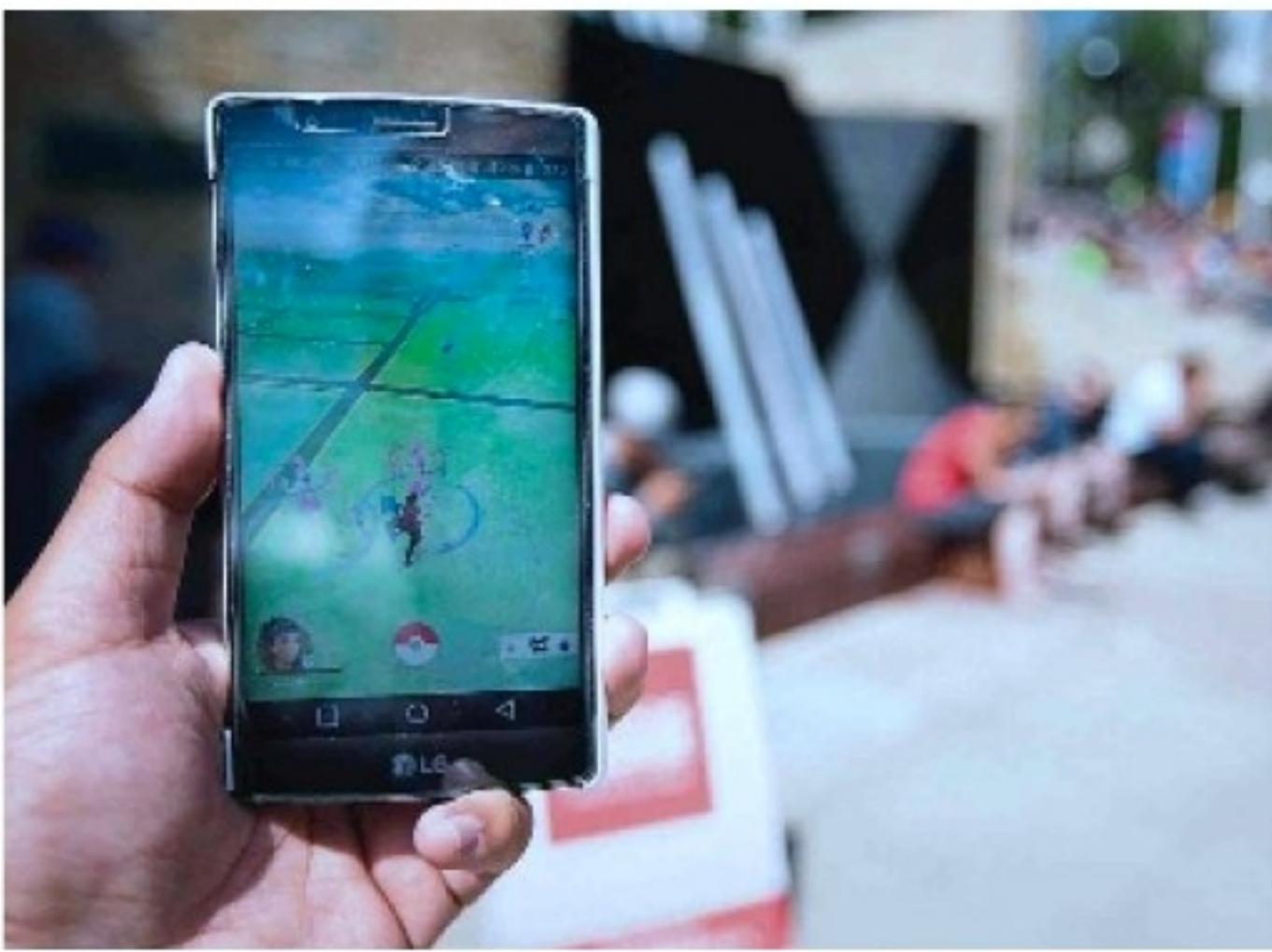
City's Indigenous artist eager to profile 'unseen stories'

 Samantha Power
For Metro | Edmonton

Edmonton's new indigenous artist in residence is hoping to profile indigenous oral history.

Dawn Marie Marchand, a Cree Métis artist and member of the Cold Lake First Nation, would like to profile stories unseen by many Edmontonians.

"The Indigenous community



Kevin Tuong photographs himself playing Pokémon Go. KEVIN TUONG/FOR METRO

Pokémon Go shows AR future

TECHNOLOGY

U of A expert says tech could transform healthcare

Alex Boyd
Metro | Edmonton

At the University of Alberta, someone is thinking about how the technology behind Pokémon Go could transform everything from medicine to entertainment.

The tech that allows the game to layer virtual objects onto the real world is called augmented reality, or AR. And though it's been circulating for years, the Pokémon craze has shown a mainstream audience what it can do.

Pierre Boulanger, Cisco research chair in healthcare solutions at the University of Alberta, spends a lot of time thinking about finding technological solutions to medical problems.

He said the Pokémon craze, where what you're looking at is augmented by the game (though on your phone) points to a big future for AR.

"We have a huge amount of information available, but we deal in the real world," he said. "When we look at the real world we should be able to see the information associated with it."

That's exactly what augmented reality promises to do: Boulanger's lab is currently working on a way to project CT scans and MRIs directly onto surgical patients, which would help guide doctors as they work.

He also pointed to applications in other fields: Audiences could eventually watch movies not in theatres, but where they were actually shot, layered over real locations.

Fighter jet pilots can already be outfitted with special helmets that stream information from outside cameras, so they can see as if the plane isn't there.

"I think augmented reality has a huge potential," Boulanger said. "It's the real McCoy in the sense that it is what the future of information and the way you interact with information will be."

The biggest hurdle remaining is the lack of an accurate way to track location, Boulanger said, noting GPS isn't always accurate.

But new technologies, like Google's Tango, are already in the works.

COURT

Alberta NDP set to challenge coal-power buying rule

The Alberta NDP government is going to court to challenge a regulation that it says could saddle consumers with billions of dollars in losses from coal-fired power agreements.

The regulation passed by the previous Conservative government allows power companies to hand back agreements to buy electricity from coal-fired plants

when they stand to lose money.

The government estimates the power purchasing agreements could cost consumers up to \$2 billion by 2020.

Some companies such as Enmax Corp. are using the regulation to terminate agreements that were reached when Alberta deregulated its electricity market.

Enmax says the government's decision to charge companies a higher tax on carbon dioxide emissions this year and in 2017 made the agreement unprofitable. The government says the Tories had no legal right to create a legal loophole and is seeking a court order declaring the regulation void.

THE CANADIAN PRESS



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Teens vape for 'cool factor'

HEALTH

Study shows e-cigarette use is high among young people

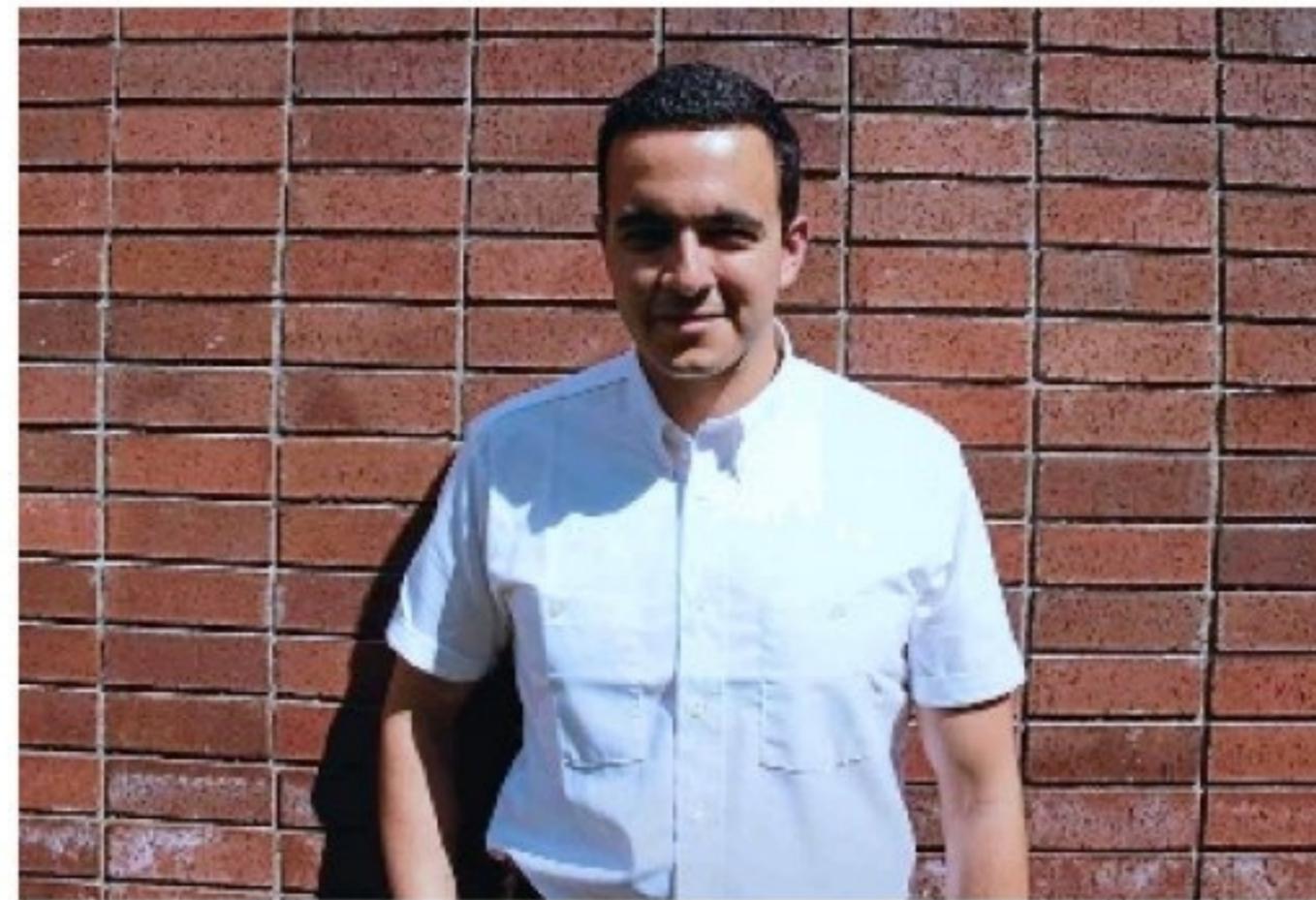
Kevin Maimann
Metro | Edmonton

An Edmonton doctor is calling for a ban on e-cigarette sales to minors after a study he co-authored showed Canadian teens are drawn to the devices because they see them as "cool" and "fun."

The study followed 2,367 students aged 14-15 in the Niagara region of Ontario and found almost 11 per cent had tried e-cigarettes at least once — a number that surprised Edmonton-based Dr. Michael Khoury.

"Regulations are definitely needed to prevent use by children and to significantly reduce and prevent marketing to children," said Khoury, a pediatric cardiology resident at the Stollery Children's Hospital.

Alberta has no regulations



Dr. Michael Khoury, a doctor at Stollery Children's Hospital, is calling for tighter regulations on e-cigarettes. TIM QUERENGESSER/METRO

on e-cigarettes — which come with various flavoured liquids, some of them containing nicotine, and are marketed as tools to help smokers quit cigarettes — though the province banned

menthol cigarettes last September.

Edmonton has bylaws restricting where people can vape but not who can purchase the devices.

Many kids in Khoury's study first heard about e-cigarettes through advertisements in store windows, which he finds concerning.

"These companies are definite-

“Regulations are definitely needed to prevent use by children.”
Dr. Michael Khoury

ly appealing themselves towards the youth with flavours like cotton candy and cola," he said.

"At the same time, I'm sure adults that use e-cigarettes to smoke less enjoy the various flavours."

E-cigarette use has eclipsed traditional cigarettes among youth, and Khoury worries vaping could "re-normalize" the smoking experience.

Some U.S. studies have shown kids who take up vaping are more likely to turn to cigarettes later.

Khoury said the federal government should step up with regulations, including prohibiting sales to minors.

A report tabled in the House of Commons last month put forward 13 recommendations for further research and restrictions on vaping devices.

CALGARY
Nenshi not dishonest: Report

Brodie Thomas
Metro | Calgary

The integrity commissioner has concluded that Mayor Naheed Nenshi was "indulging in some extravagant hyperbole" when he made comments that were secretly recorded and broadcast in a Boston ridesharing vehicle last April.

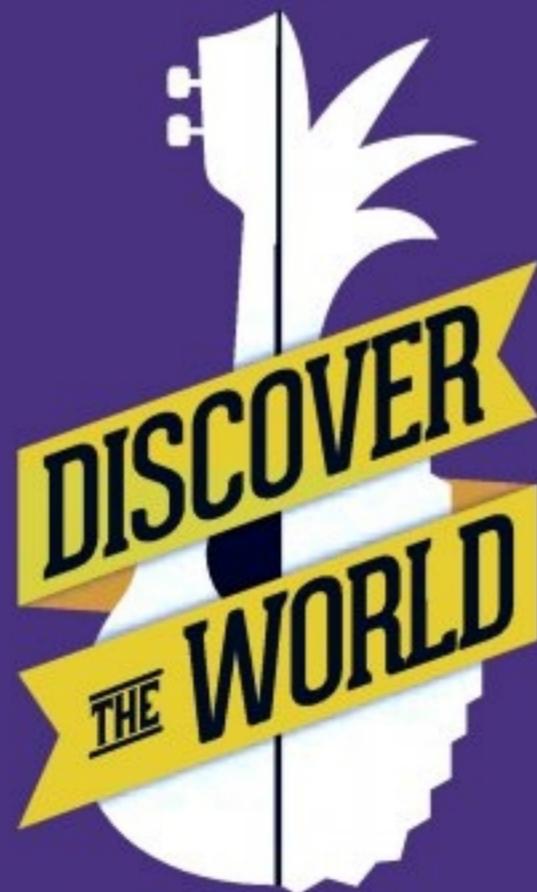
Allen Sulatycky's report was made public Monday after it was presented to council behind closed doors.

The report analyzed statements Nenshi made which suggested the city had used registered sex offenders and people convicted of violent crimes to test Uber's background checks.

"The mayor has said that his Boston statements resulted from a conflating of facts and a poor choice of words. I find that to be a barely plausible explanation," wrote Sulatycky.

While noting the statement was false, Sulatycky said he wouldn't describe it as dishonest either, because he was not misleading to gain an advantage.

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Hunter Tootoo resigned from the cabinet in May and left the Liberal caucus to seek treatment for alcohol addiction.

DARRYL DYCK/THE CANADIAN PRESS

Tootoo completes program

ALCOHOL

Former Grit minister left cabinet in May to seek help

Former cabinet minister and Liberal MP Hunter Tootoo has completed his treatment for alcohol addiction, his office said in a statement Monday.

Tootoo, who left the Liberal caucus two months ago, has scheduled a news conference and open house Wednesday at his constituency office in Iqaluit.

"After completing my treatment for alcohol addiction, I wish to invite my constituents to an open house where I will be available to address their concerns as I resume my duties as their member of Parliament," the statement said.

Tootoo has remained out of the public eye since he abruptly resigned as fisheries minister at the end of May to seek treatment for a drinking problem.

At the time, Prime Minister Justin Trudeau said Tootoo left the Liberal cabinet and caucus of his own accord amid a "very difficult situation," but he would not elaborate on details of what happened.

On Monday, officials in the Prime Minister's Office declined to comment on Tootoo's anticipated return to work.

LEBLANC'S PITCH

In June, LeBlanc seemed to make a public pitch to stay on at fisheries during a speech at a World Oceans Day summit.

"I was humbled but also excited by the opportunity it presents me and — you'll forgive me for saying this at the beginning of my mandate — to follow in the footsteps of my father who held not an identical job but a similar job over 30 years ago," he said.

Alcohol has long impacted the lives of members of Tootoo's family, who are well known in Nunavut.

Terence Tootoo, a rising hockey star, was 22 when he died by suicide in Brandon, Man., 14 years ago in the wake of a drunk driving incident.

His brother, 33-year-old NHL forward Jordin Tootoo, also wrote about his battle with alcohol, including a visit to rehab, in his 2014 book, "All the Way: My Life on Ice."

Government House leader Dominic LeBlanc, who assumed Tootoo's responsibilities on the fisheries file, has since juggled both his file and Tootoo's, prompting speculation about the need for cabinet changes due to the size of the portfolios. THE CANADIAN PRESS

EXPENSE CLAIMS

Senate to claw back Mike Duffy's salary

Sen. Mike Duffy is going to find his Senate paycheque will soon be a little lighter.

The Senate is going to start clawing back Duffy's salary after the Prince Edward Island senator refused to repay almost \$17,000 in disputed expense claims before Saturday's deadline.

A spokeswoman for Sen. Leo Housakos, chairman of the upper chamber's internal economy committee, says the Senate must now garnishee Duffy's salary under the dispute resolu-

tion policy set up in response to the auditor general's audit.

Jacqui Delaney says the details of how much will be clawed back, and for how long, are still being worked out.

Duffy was not immediately available for comment Monday.

The Senate decided last month that it wanted the money back after taking a second look at seven claims totalling \$16,995. Senate officials said the action came about because of new information that "had surfaced in the

public domain" during Duffy's criminal trial.

Duffy's lawyer told the Senate that the one-time Conservative senator's spending was given the all-clear by an Ontario Court judge earlier this year when Duffy was acquitted of 31 criminal charges.

Lawyer Donald Bayne also said Duffy didn't want to take part in the arbitration process because he does not want to "legitimize" a process that is an "attack" on the judge's verdict. THE CANADIAN PRESS



Sen. Mike Duffy
ADRIAN WYLD/THE CANADIAN PRESS

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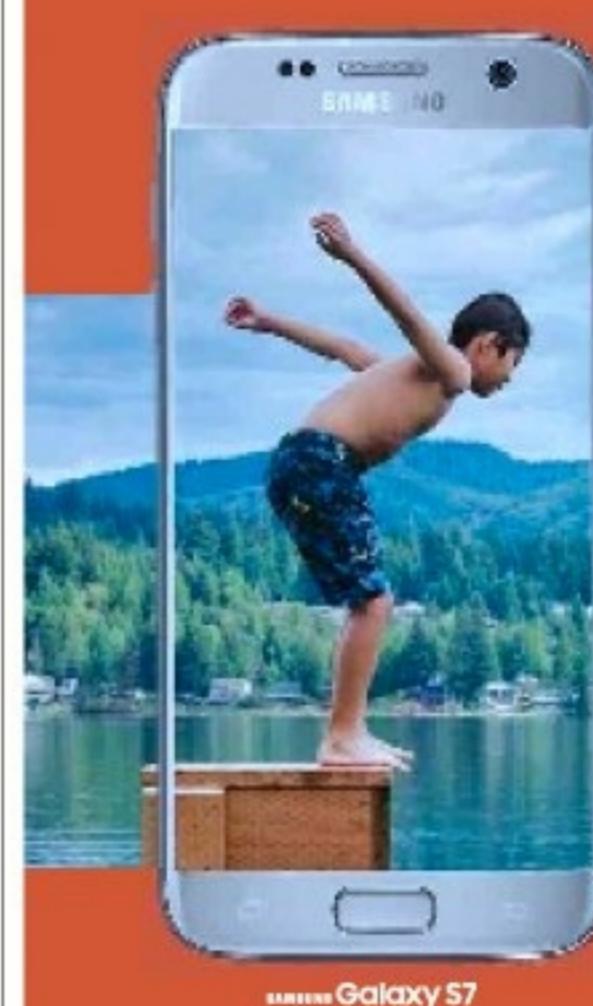
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Community mourns Ottawa man who died after arrest

POLICE

Abdirahman Abdi, 37, succumbed to his injuries

Haley Ritchie and Emma Jackson
Metro | Ottawa

Community organizations are moving in to help Hilda Street residents cope with the violent loss of a 37-year-old man who neighbours described as "peaceful" and a familiar face around the neighbourhood.

On Sunday, police received a 911 call at 9:30 a.m. from the Bridgehead coffee shop on Fairmont Avenue and Wellington Street West, where a man was reportedly causing a disturbance and touching a female patron.

Witnesses said Abdirahman Abdi got scared when police arrived and ran to his home — just three blocks north to an apartment building on 55 Hilda Street, where he had been living since arriving in Ottawa from Somalia in 2009.

Neighbours — many of them friends and family — then watched from their balconies as Abdi was forcefully arrested.

Witness Shukri Samater said people were yelling as Abdi was handcuffed and hit by officers on the stone steps just outside the building's entrance.

"That was the most disturbing part of it all, what happened after he was handcuffed," Samater said.

"He was bleeding from the



An emotional Nimao Ali speaks about her neighbour Abdirahman Abdi, who was arrested by Ottawa police Sunday morning. He died of his injuries Monday afternoon. EMMA JACKSON/METRO

back of his head. He didn't have a weapon, he wasn't violent."

Samater described him as "not well" and said mental health issues and a language barrier may have prevented him from understanding what police were saying.

Nimao Ali, friend of the family, called Abdi a "beautiful soul."

"He is a beautiful person. He was not 100 per cent healthy like us, he had a mental illness," she said.

"He was the kind of man that when you walk into the elevator he will hold the door for you, always had a smile on his face."

A 27-minute video recorded by a neighbour who lived upstairs has been published on

line, showing Abdi handcuffed and bleeding on the ground before paramedics eventually arrived. The video begins after the arrest and alleged beating.

Another neighbour said he recorded the arrest but is not making it public out of respect to the family.

"He is very much a very present figure on the street,"

said Leslie Emory, executive director of OCISO immigrant support services. "He walked a lot."

Abdi was a frequent client of Emory's organization. OCISO is helping arrange crisis councillors for witnesses and neighbours who have been traumatized by Sunday's events.

WITH FILES FROM JOE LOFARO

SOCIAL MEDIA

Police face backlash

Joe Lofaro
Metro | Ottawa

As the family of Abdirahman Abdi mourns his loss, questions continue to be raised about how a man believed to have a mental illness became critically injured while in police custody.

The incident — which is being investigated by Ontario's Special Investigations Unit (SIU), a civilian-led law enforcement agency that investigates incidents of civilian death or injury involving police — has resulted in anti-police rhetoric on social media and drawn the attention of activists behind the Black Lives Matter movement outside the nation's capital.

Responding to mounting criticism over the officers' actions, Police Chief Charles Bordeleau said Monday that he is limited in what he can say while the SIU investigation is ongoing, but did say police received multiple 911 calls for an "individual being assaulted."

The SIU has jurisdiction over 53 police forces across Ontario, covering about 26,000 officers. It investigated 266 cases across the province in the 2014-2015 fiscal year and criminal charges were laid in 13 cases, a rate of 4.9 per cent.



Abdirahman Abdi CONTRIBUTED

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BACKLASH

Parties calling for Phoenix hearing

As the feds were scrambling to make sure hundreds of civil servants get paid this week, the opposition parties joined forces Monday to call for emergency hearings into the government's problem-plagued new payroll system.

Newly released documents from one of the government's biggest departments show that questions about "critical defects" in the so-called Phoenix system were going unanswered weeks before its scheduled launch.

Both the Conservatives and New Democrats demanded the government operations committee be recalled to talk about

how Phoenix has resulted in tens of thousands of civil servants being improperly paid — or not paid at all.

Even though a Conservative MP heads the committee, the opposition parties were one member shy of forcing a meeting without the help of the Liberals.

Prime Minister Justin Trudeau said last week that the clerk of the Privy Council, which advises him and his cabinet on government operations, would head up efforts to fix the system, which has left more than 80,000 civil servants facing pay issues.

THE CANADIAN PRESS

IN BRIEF

Ontario making a painkiller move

Ontario will be the first province to stop paying for high doses of long-acting opioids as part of a push to reduce the problem of addiction in the province. The Ministry of Health said that in 2017, high doses of painkillers will be removed from the Ontario Drug Benefit Formulary, which covers the cost for people 65 and older. It's a decision that Dr. David Juurlink said is a "good move" on the government's part because it may discourage doctors from prescribing unnecessarily high doses of the drugs.

THE CANADIAN PRESS

Conference to put the focus on digital justice

Judges, lawyers, legislators and law enforcement officials from around the world are meeting in Halifax to discuss the challenges of delivering justice in the digital age. Members of the International Society for the Reform of Criminal Law say they'll tackle issues such as cyber-stalking, cyberbullying and Internet luring at their annual conference. They say the anonymity of the online world, along with the lack of national boundaries, creates space for virtually untraceable criminal activity. But they say technology has also provided tools to fight crime.

THE CANADIAN PRESS

Democrats try to quell discord

CONVENTION

Big names go to bat for Clinton as outrage over emails persists

Ending months of animosity, Bernie Sanders robustly embraced his former rival Hillary Clinton on Monday night as a champion for the same economic causes that enlivened his supporters, signalling it was time for them, too, to rally behind the Democratic nominee in the campaign against Republican Donald Trump.

"Any objective observer will conclude that — based on her ideas and her leadership — Hillary Clinton must become the next president of the United States," he declared.

Sanders joined a high-wattage lineup of speakers, including first lady Michelle Obama who delivered an impassioned defence of the nominee. Obama's address all but wiped away earlier tumult that had exposed lingering tensions between Clinton and Sanders supporters.

"I want someone with the proven strength to persevere,



Sen. Bernie Sanders speaks during the first day of the convention in Philadelphia on Monday. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

someone who knows this job and takes it seriously, someone who understands the issues a president faces are not black and white," Obama said.

Sanders' endorsement came at a crucial moment for Clinton, on the heels of leaked emails sug-

gesting the party had favoured the former secretary of state through the primaries despite a vow of neutrality.

Sanders scored the resignation of party chair Debbie Wasserman Schultz, a nemesis in the primaries, but that wasn't enough to

quell the anger of supporters. As the convention opened, they still erupted in chants of "Bernie" and booed Clinton the first several times her name was mentioned. Outside the convention hall, several hundred marched down Philadelphia's sweltering

streets with signs carrying messages such as "Never Hillary."

Sanders did his part, imploring his supporters to consider a country under Trump's leadership.

"If you don't believe this election is important, if you think

SPEAKERS

Monday: United Together

Michelle Obama, Vermont Sen. Bernie Sanders, Sen. Elizabeth Warren

Tuesday: A Lifetime of Fighting for Children and Families

Bill Clinton and Mothers of the Movement, including Eric Garner's and Trayvon Martin's mothers

Wednesday: Working Together

President Barack Obama, Vice-President Joe Biden

Thursday: Stronger Together

Hillary Clinton and Chelsea Clinton

you can sit it out, take a moment to think about the Supreme Court justices that Donald Trump would nominate and what that would mean to civil liberties, equal rights and the future of our country," he said.

THE ASSOCIATED PRESS

JAPAN

Over a dozen killed in knife attack just outside of Tokyo

At least 19 people were killed and about 20 wounded in a knife attack Tuesday at a facility for the handicapped in a city just outside Tokyo in the worst mass killing in generations in Japan.

Police said they responded to a call from an employee saying something horrible was happening at the facility in the city of Sagamihara, west of Tokyo.

A man turned himself in at a police station about two hours later, police in Sagamihara said. He left the knife in his car when he entered the station. He has been arrested on suspicion of attempted murder and trespassing.

Police said there were several casualties but did not provide any numbers.

The Sagamihara City fire department says that 19 people were confirmed dead in the attack. The fire department said doctors at the scene confirmed the deaths.

NHK reported the suspect, 26, is a former employee at the facility, Tsukui Yamayuri-en. Another broadcaster, NTV, said he broke into the facility by smashing a window with a hammer, and that he was upset because he had been fired, but



Emergency crews work outside a facility where many were killed in a knife attack near Tokyo on Tuesday. KYODO NEWS/THE ASSOCIATED PRESS

that could not be independently confirmed.

Television footage showed a number of ambulances parked outside the facility, with medical and other rescue workers running in and out.

Mass killings are relatively rare in Japan, which has extremely strict gun-control laws. In 2008, seven people were killed by a man who slammed

a truck into a crowd of people in central Tokyo's Akihabara electronics district and then stabbed passers-by.

Fourteen were injured in 2010 by an unemployed man who stabbed and beat up passengers on two public buses outside a Japanese train station in Ibaraki Prefecture, about 40 kilometres northeast of Tokyo.

THE ASSOCIATED PRESS

CRIME IN U.S.

Man gets 15 years for trying to join Daesh

A federal judge on Monday sentenced a California man to 15 years in prison for trying to join Daesh in Syria, calling his conduct a serious threat and saying it was influenced by his abusive childhood and history of mental problems.

Adam Dandach, 22, was also ordered to undergo supervised release for the rest of his life after he pleaded guilty last year to trying to provide material support to a terror group and lying on his passport application.

THE ASSOCIATED PRESS

Sex offender sentenced for stealing identity

A Texas man whose life was ruined by a child sex offender who stole his identity has seen his impostor sentenced.

Marcus Calvillo can now begin to repair the havoc left from a decades-long ordeal that prosecutors call one of the most devastating identity theft cases they've seen.

Fernando Neave-Ceniceros was sentenced Monday to a year and a day. THE ASSOCIATED PRESS

FLORIDA

State hit by second nightclub shooting

With the Orlando massacre still fresh on everyone's mind, the mother of a young man slain at a nightclub early Monday had warned her son about what to do if there were a shooting: "Hit the floor, find a table."

But when gunfire erupted at the Club Blu parking lot, 18-year-old Stephan Strawder didn't have anywhere to hide. He was killed along with a 14-year-old boy, and 17 other people ranging in age from 12 to 27 were wounded during a swimsuit-themed party for teens.

"I told him to look for all the exits if any kind of shooting would go off ... because I thought about the people in Orlando," said Strawder's mother, Stephanie White.

Florida is again reeling from a mass shooting at a nightclub, but instead of being committed by a terrorist spouting Islamist ideology, this rampage may have started with an argument over a rap performance.

Gov. Rick Scott said gun laws are not to blame: "The Second Amendment has never shot anybody. The evil did this."

Security guard Brandy McLaughlin said she saw someone with a semi-automatic rifle open fire. "The rapper was upset, someone not being able to perform," she said. "It wasn't targeted, terrorist or gays, or anything like that. It wasn't a black or white situation. It was an idiot. An idiot with a firearm."

THE ASSOCIATED PRESS



Dave Allen, left, and Ryan Caviness pray for the victims in Fort Myers, Fla., on Monday. LYNNE SLADKY/THE ASSOCIATED PRESS

Clothes defy gender rules

APPAREL

Parents launch firms to break stereotypes in kids' clothing

Pink for girls. Truck motifs for boys. A growing number of parents want to get outside those parameters when it comes to dressing their kids.

For parents looking for clothes that defy gender norms, the options for back-to-school shopping are still limited—but they're growing. Some big retailers like Lands' End and Zara are making small changes to their offerings, while some frustrated parents have launched their own companies to make the items they wanted to find.

"There is really a sharp divide between what is considered girls' stuff and what's considered boys' stuff," said Courtney Hartman. She started Seattle-based Jessy & Jack, a collection of unisex T-shirts for kids that have robots and



Courtney Hartman, who owns Jessy & Jack, poses with her children as they wear her company's gender-neutral clothing in Seattle. ELAINE THOMPSON/THE ASSOCIATED PRESS

dinosaurs, and Free to Be Kids, where a shirt with the slogan, I'm a Cat Guy comes in blue, grey and yellow.

Companies like Jessy & Jack and a collection called Princess Awesome, where dresses have trains and planes, are

among nearly 20 online brands that formed a campaign called Clothes Without Limits last year that they're reprising for the back-to-school season. Still, many of the items are not cheap—T-shirts at \$20 can be pricey for growing kids.

Bigger companies are offering some options, after similar shifts in the toy and bedding aisles to more neutral signs and products. Lands' End launched a line of science T-shirts two years ago after a customer complained on social media that

there was only one version for boys. As part of its new Cat & Jack brand of children's clothing that kids helped design, Target offers unisex-fit T-shirts online with slogans like, Smart & Strong and Future Astronaut.

And fast-fashion chain Zara launched a collection in March for teens and older called Un-gendered under its TRF line, which focuses on basics like T-shirts, sweatshirts and jeans. Experts and parents also notice that some images like dinosaurs are popping up on girls' clothing under the Boden brand and others.

More has changed for girls' clothes than for boys, but the vast majority of children's clothing is still gender-specific, says Marshal Cohen, chief industry analyst at market research group NPD Group Inc.

A good portion of children's clothing buyers are grandparents who tend to embrace more traditional ideas, says Cohen, who doesn't expect large-scale change until the next generation starts having children.

THE ASSOCIATED PRESS

REAL ESTATE B.C. to tax foreign buyers

Foreign nationals who buy real estate in Metro Vancouver would pay an additional property transfer tax of 15 per cent under legislation introduced Monday by the British Columbia government.

Finance Minister Mike de Jong unveiled the tax as part of legislation aimed at addressing low vacancy rates and high real estate prices in southern B.C.

"For example, the additional tax on the purchase of a home selling for \$2 million to a foreign national will amount to an additional \$300,000," de Jong told the legislature.

The additional tax will take effect Aug. 2 and apply to foreign buyers registering the purchase of residential homes in Metro Vancouver, excluding treaty lands in the Tsawwassen First Nation.

All purchasers in the province currently pay a one per cent tax on the first \$200,000 of their purchase, two per cent on the remaining value up to \$2 million and three per cent above that.

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FOOD

Canadians drawn to artisanal shops

When Rosanne Tripathy and her sister opened their specialty doughnut shop, Jelly Modern Doughnuts, in Calgary more than five years ago, there weren't many fried-dough slingers selling upscale confections with new-fangled flavours like crème brûlée or s'mores.

But what Tripathy claims on her site is "the country's original gourmet doughnut bakery café" is now just one among myriad artisanal shops serving up the tasty pastries to Canadians in what has recently become an increasingly crowded field.

Last year, Canadians ate more than 521 million doughnuts—10 per cent more than the previous year, said Robert Carter, executive director of food service at NPD Group Inc., a market information and advisory service. He chalks up part of



SuzyQ Doughnuts CP

the item's rising popularity to a widening consumer interest in healthy eating. As people are increasingly drawn to eating foods with greater health benefits, he said, they're allowing themselves more leeway for quality sinful snacks, including the doughnut.

Yet another boost for the doughnut is our love affair with caffeine. "Obviously, the best complement to that is a baked good," he said. THE CANADIAN PRESS

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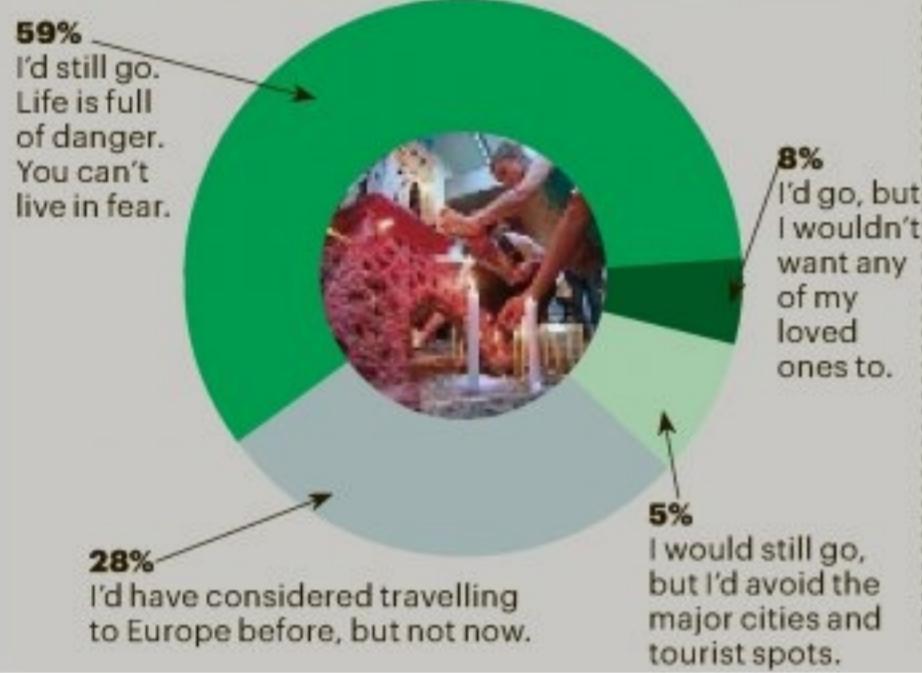
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METRO POLL

Will violence in Europe keep you away?

Ansbach, Munich, Nice, Brussels, Paris. Not to mention Turkey. Simply listing the names is enough to evoke images of shocking mass violence that has taken place in recent months. Europe has long been seen as a beacon of culture and low-risk adventure, and the European vacation — or exchange semester or backpacking trip — is a near-universal aspiration for those on this side of the Atlantic. Is that about to change?

1 Is the high-profile violence in European cities enough to prevent you from travelling there?



WE ASKED Metro readers

I have two trips planned before the end of the year, and I intend to take both of them.

It hit close to home when a student from my university got killed. Better safe than sorry for a little while ...

You can die walking out your door. Better to see the world than your living room!

I've been to Europe many years ago and always wanted to go back but not now. It seems a big mess now and would ruin my memories of it.

My family lives in Europe and I can't imagine not visiting them.

You can't live your life sheltered. Things happen everywhere. You have to live your life.

Avoiding Europe because of fear of terrorism is as absurd as avoiding Winnipeg because of fear of being run over by a truck.

visit metronews.ca
HAVE YOUR SAY

Shehzaad Jiwani
For Metro

Growing up in a culturally diverse Canadian city, it's easy to think the whole world is a happy, tolerant place.

This myopic viewpoint is magnified when you enter the independent music community, a microcosm of liberal hopes and dreams made manifest in the form of artists, labels, DIY festivals and safe spaces created to communicate and express progressive thoughts and ideas.

As a person of colour in a touring band who grew up in Toronto — one of the most ethnically diverse cities in the world — I have a strange relationship with being an "other." Most of my idols — indie rockers like Pavement and Fugazi — are white, as are the majority of my peers. That being said, I've never felt excluded from my community based on the colour of my skin. I can only speak from my own experiences as a brown man living in the only hometown I have, but I never saw myself as different in Toronto's independent music scene, because I have never been made to feel different.

You immediately recall such luxuries when crossing into the United States. In 2016, at a time where race, gender and sexual orientation are frontline issues and not trendy buzzwords, people are more acutely aware of their own identities than ever. In an election year where racially and sexually charged crimes are in the headlines nearly every week

and neither presidential candidate seems to be addressing them, it's impossible not to feel out of place as a minority when you set foot on American soil. You feel it at customs, you feel it at gas stations, and you even feel it in some of the same communities of which you've previously considered yourself a member.

Here's the essence of what you feel: These people are angry. They are angry because they are scared, and they are scared because they don't know what is happening to their country. They are taking that anger out on anyone they can because that is how little control they are left with.

Of course, as much as Canadians love to pretend that we are so different than Americans, the truth is, we're not. People of colour die at the hands of police, without apparent justification, in my hometown, too. We can't ignore that, nor should we.

Being proud of where you are from is one thing, but taking action to preserve the things you love about those places — art spaces, neighbourhoods, cities — is how you can preserve that pride. You must understand how to engage with your environment to right what you see as wrongs in order to continue celebrating what you see as virtues. Feeling accepted in a community as a minority is a rare thing we can't take for granted.

Remember — the border's not far away.

Shehzaad Jiwani is the singer of the Toronto-based band Greys (@greysband).

Another letdown during Edmonton's year of 'meh'

URBAN PARADIS

Danielle Paradis



As if "Ice District" weren't bad enough, Rogers Place has changed the lovely, known name of the Winter Garden to Ford Hall.

Ford Hall? Meh! The name tells you nothing about the destination and offers no incentive to visit, aside from suggesting you buy an F-150.

The Winter Garden, if you haven't heard, is a 24,000-square-foot indoor facility connected to Rogers Place set to open in September. Technically a pedway, it will allow pedestrians to walk over 104 Avenue before and after events at the arena, all free from Mr. Frost (and traffic).

The name isn't entirely accidental. Back when Edmonton's Winter City strategy was launched as an attempt to

encourage Edmonton to celebrate its winter rather than run from it, one of the key players in the city's downtown revival, the Katz Group, was rhetorically on board.

"Let's reinvent the chill and prove to the world that it's cool in the cold," said Bob Black, the executive vice-president of the Katz Group, back in October 2012, of the city's WinterCity strategy.

By that time the Winter Garden name for the pedway had been in circulation for at least two years.

The garden itself is an exciting thing, and it was one of the elements that helped placate the populace about our new downtown arena. You could call it Edmonton's answer to Toronto's Daniels Spectrum, a community hub in that city that spans 60,000 square feet and has The Art-scape Lounge as an informal place to gather and escape the cold.

But the name is another story.

While we await the inevitable add-on branding of Ice District, (Smirnoff, anyone?), it seems the dreams of what could be for Edmonton, as built by the arena idea so long ago, are now being crushed week after week in Edmonton.

We lost the bike lanes last year (and do you see any new ones?) and the ease of cycling on the High Level bridge. We're also potentially getting megabars in response to the arena. And now, Ford Hall.

Those of us who have high hopes for the city feel like these hopes are discovering that the more things change, the more they stay the same.

If this were a one-off, I suppose Edmonton could learn to live with it, but it's just one in a series. Just try to say this out loud to yourself: Rogers Centre in Ice District, connected by the Ford Hall.

Maybe we should select a

name for those downtown pyramids that host our council.

Mr. Lube City Hall!

I had high hopes for the direction that Edmonton was taking with Maskékosihk Trail, a Plains Cree name that means "People of the land of medicine." This is the new name for 23rd Avenue between 215th Street and Anthony Henday Drive. But it's still just a chunk of road.

That hope kind of gets lost downtown. The arena is heavily subsidized by the taxpayers and yet Ford gets to pay for the naming rights.

Granted, they have been the automotive sponsor for the Oilers for 15 years, but Edmontonians have been supporting the team for a lot longer than that.

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

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The sleep struggle is real

FAMILY

Early bedtimes are essential for health but hard for parents

Genna Buck
Metro Canada

Jennifer Harrison is a serious stickler when it comes to sleep.

The Guelph, Ont. mother puts her two boys, Sam, 6, and Max, 9, to bed by 7:30 p.m., almost without exception.

When she was pregnant, Harrison and her husband read up on the science of sleep and decided to enforce early bedtimes.

"It's a commitment every day," she said. "You can train their body, but it takes work, and ... parents don't have the time or the patience."

But for parents of pint-sized night owls, it's not that simple, explained Dr. Manisha Witmans, a pediatrician and sleep medicine specialist in Edmonton.

It's true oodles of studies link longer sleep — and early bedtimes specifically — to a variety of positive health effects in kids. They include less hyperactivity, better behaviour, fewer night terrors, and, in a study from this month, reduced obesity.

"You can train kids within reason, but you can't overcome circadian biology," Witmans said. In other words, a kid's sleep preferences are hard-wired. They can be adjusted, but it won't be easy.

Moving bedtime up by even



Emerging research shows adequate sleep is absolutely essential for children's health — but for parents of natural night owls, that's easier said than done. ISTOCK

an hour or two can take weeks for some kids, Witmans said.

For a significant number, night-time hormones that promote sleepiness and morning hormones that make kids alert "don't get secreted on the clock society expects," she said.

"If you're someone who sleeps well and comes from a family of sleepers, it wouldn't take a whole lot for you to be trained to sleep (at a certain time). Genetically, you're set up for success. If you come from a family of people

with insomnia and sleep problems, I wouldn't be surprised if you have more trouble," she said.

Witmans suggests moving bedtime up by 15 to 30 minutes and adjusting again when kids can readily fall asleep at that hour.

Bright lights at night mess with the sleep hormone melatonin, she added, so make sure the bedroom is dark at night and bright when you want kids to wake up — and turn off TV and mobile screens 1.5 hours before



I see so many children who are tired, and they can't cope. And they won't learn to cope if they're tired. It breaks my heart.

Jennifer Harrison, parent

bed. Early bedtimes are really the only way for most children to get enough sleep, because of early-morning school or daycare.

And the benefits of more sleep can be dramatic, Witmans explained. She cited a study by Dr. Reut Gruber in Montreal that

found just one hour of lost sleep per night for a week disturbed healthy children's behaviour enough that 20 per cent tested positive for ADHD.

Harrison said when her kids are well rested they listen better and bicker less. Sometimes she

HOW MUCH?

Children's sleep specialist Dr. Manisha Witmans relies on the American Academy of Sleep Medicine's guidelines for how long children should sleep each day. For kids under five, this includes naps.

4-12 months

12-16 hours

1-2 years

11-14 hours

3-5 years

10-13 hours

6-12 years

9-12 hours

13-18 years

8-10 hours

lies in bed with them while they doze off, and she still rocks her youngest to sleep sometimes.

Being a bedtime absolutist has been a sacrifice. They've cut back Max's extracurriculars so he has time for homework. Dinner is ready by 5 p.m., which requires planning. Friends know if they invite the family over, they'll be leaving by six. It can be a bummer, but it's worth it.

"I am zero consistent with everything else. We try to eat healthy, but we fall off the wagon every day or two. Discipline, chores, homework, I'm not very good at any of that," Harrison said. But "they need to be in bed early in order to function."

MEDICAL RESEARCH

Cooling blanket gives hope to oxygen-deprived newborns

Newborns deprived of oxygen at birth will soon have improved chances of surviving without brain injuries thanks to a portable transportation cooling device in southern Alberta.

Foothills Medical Centre in Calgary is one of the first care facilities in Canada to purchase the device, which is believed to be more reliable in keeping temperatures cool when babies are moved.

Katie Kaminski and Curtis de Vries credit the cooling blanket for the condition of their daughter Tegan, who is now very active

at 13 months, after doctors discovered the baby was in trouble when she was born.

"They did an emergency C-section and the doctors realized she wasn't breathing, she'd lost a lot of her blood. So they initiated the cooling process and we're really glad they did," Kaminski said.

"She stayed cooled for 72 hours and then they warmed her back up. She's just been really healthy. We're very thankful for everything everyone did for us."

The usual treatment has been to simply turn off heat sources or use cold gel packs to lower

infants' temperatures in an attempt to prevent brain damage.

But those methods have their drawbacks.

"With those methods, it can be difficult to maintain a stable temperature," says neonatologist Dr. Khorshid Mohammad, who spearheaded the purchase of the device.

"The period immediately following birth is critical. We have about a six-hour window to lower these babies' temperatures to prevent neurological damage. The sooner we can do so, and the more consistent we can make the

temperature, the more protective it is and the better their chances of surviving without injury."

The insulated blanket with a cool liquid inside has been installed on a portable incubator cart that can be sent out with a care team anywhere in southern Alberta — either by ground or air.

"The technology is very simple. Our problem before was that the available machines are heavy. We could not mount it on the transportation incubator," Mohammad said.

THE CANADIAN PRESS



Katie Kaminski, her daughter Tegan and partner Curtis de Vries can attest to the benefits of the new cooling blanket.

THE CANADIAN PRESS

Where Gord Downie got those colourful suits

FINAL HIP TOUR

The bright outfits were a long time coming

Gord Downie has always been a flamboyant showman. For the Tragically Hip's latest tour, he's wearing that style on his sleeve.

Downie has been sporting a collection of brightly coloured metallic leather suits during the band's Man Machine Poem Tour, which kicked off in Victoria on Friday.

They include bold creations in hot pink, turquoise, silver and gold — an unusual colour palette for a rocker more often seen in subdued tones, says Downie's fashion co-conspirator, Izzy Camilleri.

"When you think of Gord Downie, you think of a jeans-and-T-shirt kind of a guy," says the Toronto-based clothing designer.

"You don't think of hot pink metallic leather. Now we do."

Camilleri says she and Downie started collaborating on the look last September, before he learned he had terminal brain cancer.

Camilleri says Downie kept



During The Hip's first two shows, Gord Downie unveiled a new, bright look. THE CANADIAN PRESS

his wardrobe plans secret from his bandmates.

He only revealed his wild look at the tour's kickoff in Victoria on Friday, when he strode onto the stage in the hot pink suit.

"It's really appropriate and

something I never thought that he would be into," Camilleri said Monday of the bright colour palette, adding this tour is "a celebration."

"I think he wears them so well and he's been having a

lot of fun with it."

Later that night, he put on the silver outfit, then the gold.

At the Vancouver show on Sunday, he walked out in the turquoise outfit, and later donned the silver and gold suits. THE CANADIAN PRESS

GAMING

Finding love in the time of Pokémon Go

Of all the "Pokéstops" in all the towns in all the world, she had to walk into his.

Brandon Yaghobi, a 22-year-old college student, was looking for Pokémon with the new hit smartphone app, but may have found a real catch instead.

He met a young blond woman outside the Parliament St. branch of Toronto Public Library, where another gamer had left some virtual bait known as a lure.

"Are you playing Pokémon, too?" Yaghobi asked her. For 20 minutes, they chatted about everything and nothing: work, their neighbourhoods, the Pokémon they had and those they wanted. They stopped talking only to nab the digital creatures that flashed on their cell-phone screens. The two went their separate ways before Yaghobi thought to ask for her number.

"I hope I see you again," he called out to her after she started walking away.

"And she just like turned around and smiled, and then I'm like, 'Damn.' Should've got her name, should've got her num-



Brandon Yaghobi, 22, was searching for Pokémon when he met a mystery girl who caught his eye. MARCUS OLENIUK/TORSTAR

ber, should've got something, you know?"

The same night, Yaghobi tried to reach out to her by posting a missed connection on Craigslist, the online equivalent of sending a message in a bottle. "You offered me an Ice Cream Bar. I was too shy to make a move. Maybe we can go hunt some Pokémons sometime?" he wrote.

Alas, he hasn't heard from her.

Unbeknown to Yaghobi, he wasn't the only Pokémon Goer

searching for the one that got away. Gamers who — in the words of one Pokémon-related missed connection — were struck by "cupid's Pokéball" have posted personals ads on the popular classifieds site in major North American cities, from coast to coast.

Denise Marigold, a social psychologist at the University of Waterloo, says there is no clear explanation for this apparent trend. One possibility, she says,

is that the rush of catching a rare Pokémon adds to the excitement of meeting someone new.

"You feel a sudden thrill and you look up and there's a cute person and you feel more of a thrill in their presence," she said.

At least one company has noticed that there's love in the air as well as Pokémon — and it's attempting to cash in. A Chicago start-up is offering to set gamers up on PokéDates. After filling out a questionnaire online, they are fixed up with someone else for free the first time and \$15 for every subsequent date. Canadians will be eligible for PokéDates starting next week, a company spokesperson told the Star.

PokéDates aren't Yaghobi's style, he said. He prefers to leave things up to fate. After last week's chance encounter, he isn't exactly optimistic about hearing from the girl at the Pokéstop. Without seeming overeager, he said it would be nice to run into her again. "I am very shy so half the time I'm like 'it's probably better if we don't meet,'" he said.

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER
WHAT I'M WATCHING

Relax, Winona



Winona Ryder CONTRIBUTED

THE SHOW: *Stranger Things, Season 1, Episode 8 (Netflix)*

THE MOMENT: The acting mystery

Joyce Byers (Winona Ryder) and Sheriff Hopper (David Harbour) make their way through a spooky parallel universe ("the upside-down world") in search of Joyce's son Will, who's been imprisoned by a creature. Joyce is hyperventilating.

"Hey, you all right?" Hopper asks her.

"Yeah," she says. But she's clearly not.

"I need you to relax, OK?" Hopper says. "I want you to slow down your breathing. Take deep breaths. In and out."

I binge-watched this series and really enjoyed it. It evokes, deliberately and well, the horror-mysteries I grew up with in the 1970s and '80s — like Halloween crossed with Scooby-Doo. But there's an unsolved mystery

here: What is up with Ryder's overacting?

In every scene, she BUGS out her EYES, and yells EVERY WORD, to show us that she's a MOM who's UPSET that her CHILD is MISSING. It's not the directors' fault — everyone else in the series is fine, and the kid actors are hoots. I kept thinking, the showrunners must have a reason to let Ryder CHEW all that SCENERY. It must TIE IN to the PLOT. Alas, NO.

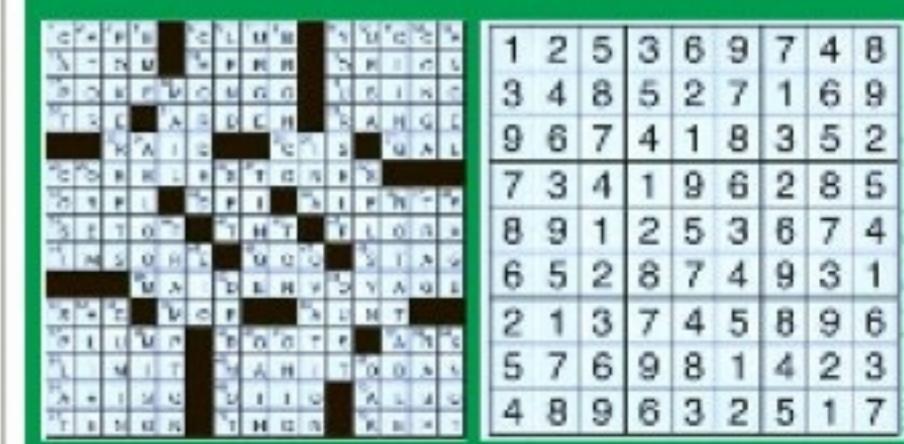
Could it be that in the real upside-down world — Hollywood — some actors are famous enough, or kooky enough, that they are un-direct-able?

If Ryder returns for Season 2 (just announced), I hope she takes Hopper's advice: Relax, Winona. Breathe.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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‘We’re just not good right now, plain and simple’

CFL

Eskimos look to bounce back after collapse

The Edmonton Eskimos, coming off the worst collapse in their storied history, have a more modest goal this week: put it behind them and play 60 minutes of consistent football.

The Eskimos host the 1-4 Winnipeg Blue Bombers Thursday, less than a week after blowing a 31-6 lead to the Hamilton Tiger-Cats en route to a crushing 37-31 defeat.

The defending Grey Cup champions sit 2-2, good for third in the CFL West.

After practice Monday, quarterback Mike Reilly said there's no finger-pointing and no pity party.

"Guys came out excited and ready to practice today and couldn't wait to get out on the field. That's when I know we're in good shape," said Reilly.

"If guys were out here hanging their heads and still bummed out about things and didn't want to come back to work we may have an issue.

"But that couldn't be further

from the case. Guys wanted to stay out here longer."

The Eskimos entering Week 6 have come to resemble the weather of the city they represent: if you don't like the conditions, wait 10 minutes.

In the first three games, the Eskimos came out of the gate with their feet in cement, trailing after the first quarter each time, scoring just one point in total.

It raised questions about their game readiness.

Against Hamilton last Saturday, they silenced those critics. Reilly and the offence torched the Ticats for a 24-6 halftime

lead, which they improved to 31-6 with 25 minutes to play.

That's when they reversed themselves and let Hamilton back in. Ticats quarterback Jeremiah Masoli completed 23 consecutive passes, a CFL record, and four consecutive touchdown drives.

Edmonton's defence couldn't stop and couldn't tackle anyone and Reilly's offence could only muster two-and-outs.

Defensive tackle Almondo Sewell said it's now about putting it together for 60 minutes, and then some.

"We're just not good right

BLUE BOMBERS
Averaging fewer than 20 points a game on offence, Winnipeg has shook things up by replacing Drew Willy with former Eskimo Matt Nichols at QB.



Cory Watson and the Eskimos dropped the ball last week in letting a big lead slip away against the Tiger-Cats. JASON FRANSON/THE CANADIAN PRESS

now, plain and simple," said Sewell.

"So we've got to play 60 minutes, plus.

"If we have to go to overtime it's 60 minutes plus."

The problem is not the offence.

Reilly is leading the league with 10 touchdown passes and 1,580 yards passing. Receivers Adarius Bowman and Derel Walker are shredding defences and sit second and third respect-

ively in total receiving yards heading into CFL play Monday.

The problem lies mainly with co-ordinator Mike Benevides' defence. It has struggled out of the gate after key members of last year's shutdown squad — Aaron Grymes, Dexter McColl and Willie Jefferson — left in the off-season.

Benevides said Hamilton made good adjustments. Masoli mostly got rid of the ball quickly, and when he didn't he scram-

bled to safety or made tacklers miss.

"(But) it's not like the guys didn't have opportunities," said Benevides.

"We saw what was happening on the field and as a defence we talked about it on the sideline. Go out and make a damn play."

The secondary is getting lit up for almost 388 passing yards per game. Edmonton is allowing 33.5 points per game on average.

THE CANADIAN PRESS

DOPING SCANDAL Rio doors closed for 7 Russian swimmers

Seven Russian swimmers have been barred from the Rio de Janeiro Olympics, including three linked to recent allegations of a major doping coverup by Russian authorities, world swimming's governing body FINA said Monday.

Reigning world 100-metre breaststroke champion Yulia Efimova is among four Russian swimmers withdrawn by the Russian swimming federation because they previously served doping bans, FINA said. The others are Natalya Lovtsova, Anastasia Krapivina and Mikhail Dovgalyuk.

The International Olympic Committee on Sunday said Russian athletes with previous doping bans would be banned from the Rio Games. That followed the IOC's decision not to ban the entire Russian team over allegations of state-sponsored doping.

13

Russia's top Olympic official, Alexander Zhukov, now believes a total of 13 Russians would be ineligible due to previous doping bans.



CFL ARGOS GET WIN NO. 1 AT BMO FIELD Phil Bates of the Argos dives for end zone as Alouettes Jonathon Mincy, top, and Chip Cox give chase in Toronto on Monday night. Ricky Ray threw three touchdown passes to lead the Argos to a 30-17 victory. FRANK GUNN/THE CANADIAN PRESS

IN BRIEF

Cubs arm World Series hope with Cuban Missile

The Chicago Cubs acquired hard-throwing reliever Aroldis Chapman in a trade with the New York Yankees on Monday, giving the NL Central leaders a boost as they try for their first World Series title in more than a century.

The Cubs paid a steep price, parting with top shortstop prospect Gleyber Torres and versatile pitcher Adam Warren in the four-player package going to the Yankees. THE ASSOCIATED PRESS

POLICE SHOOTINGS

Jordan takes aim at smoothing relations

Michael Jordan is trying to help ease tension between African-Americans and law enforcement.

The NBA great and Charlotte Hornets owner said Monday he is giving \$1 million to the Institute for Community-Police Relations and \$1 million to the NAACP Legal Defence Fund. The aim is to help build trust following several shootings around the country.

"As a proud American, a father who lost his own dad in a senseless act of violence,

and a black man, I have been deeply troubled by the deaths of African-Americans at the hands of law enforcement and angered by the cowardly and hateful

targeting and killing of police officers," Jordan said in a statement. THE ASSOCIATED PRESS



Michael Jordan
GETTY IMAGES



Yulia Efimova GETTY IMAGES



Denis Shapovalov celebrates his win over Nick Kyrgios in Toronto on Monday.

AARON VINCENT ELKAIM/THE CANADIAN PRESS

Shapovalov makes some noise in debut

ROGERS CUP

Canadian teen wild card tops world No. 19 in first round

Denis Shapovalov might still be on Cloud 9.

The 17-year-old Canadian upset Australia's Nick Kyrgios 7-6 (2), 3-6, 6-3 on Monday night in the first round of the Rogers Cup men's tennis tournament.

Shapovalov said afterwards that he didn't expect to win.

"On the on-court interview (after the match), this girl was interviewing me and she was asking me: 'Do you want me to pinch you?' and I said: 'Yes, please,'" Shapovalov said.

"Frankly, I actually didn't feel the pinch so I might be dreaming still."

Backed by a hometown

crowd, the Richmond Hill, Ont., native took advantage of world No. 19 Kyrgios's many unforced errors on a beautiful evening that featured a light breeze at Aviva Centre in Toronto.

Shapovalov, who is a wild card in the tournament, was coming off a boys' singles title win at Wimbledon earlier this month. The tournament's youngest player will face Grigor Dimitrov of Bulgaria in the second round.

The Canadian requested to play on centre court in his main draw debut because he said he loves playing on a big stage and impressing people.

"I think the atmosphere really carried me forward today," said Shapovalov, whose whole family was in attendance.

"It's tough playing the first time on centre court but by the end of the match I felt like the crowd really liked it when I was getting pumped up."

Shapovalov got the crowd going in the third set when he opened with a convincing 2-0 lead, breaking Kyrgios in the second game. Shapovalov carried that momentum into the third game, smashing his 11th ace of the match to take a 3-0 lead.

The winning game went to deuce before Shapovalov smashed an ace for advantage and then had a cross-court forehand winner to take the match.

Kyrgios struggles started on the service line and the righty finished the match with 18 double faults.

"I just didn't play great, he played well," Kyrgios said. "Obviously he was excited, playing in front of his home crowd, I know what that feels like. To come off one of your biggest junior results and then play in one of your home tournaments, I know that feeling, it's great."

THE CANADIAN PRESS

IN BRIEF

Sanchez stellar for Jays again

Aaron Sanchez was dominant once again as the Toronto Blue Jays beat the San Diego Padres 4-2 on Monday night.

Sanchez (11-1), who pitched in the All-Star Game earlier in the month, allowed just three hits over seven innings. He also struck out seven batters, four of whom went down looking.

Jose Bautista, who missed 30 games because of turf toe, walked and singled in four plate appearances

THE CANADIAN PRESS

Police arrest last suspect in Olympics terror case

Police arrested the last suspect sought in the case of a group of Islamic State sympathizers who allegedly discussed attacking the Olympics in Rio de Janeiro.

The Federal Police said in a statement late Sunday that the man was caught in the city of Comodoro, in the central west region of Brazil.

Police said he was taken to a federal prison but didn't reveal his name, citing security reasons.

THE ASSOCIATED PRESS

New concussion policy coming to NFL

The NFL and the players association have announced a new policy regarding game-day concussion protocol.

Under the new policy announced Monday, the NFL and NFLPA "will follow a strict and fair process to investigate incidents and determine appropriate discipline, including club fines and possible forfeiture of draft picks."

THE ASSOCIATED PRESS

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Ceri Marsh & Laura Keogh
For Metro Canada

Using only six ingredients, this pasta is a crowd pleaser since it features the flavor powerhouse of pancetta.

Ready in

Prep time: 5
Cook time: 20
Serves: 4

Ingredients

- 250g spaghetti
- 1/3 cup oil, divided
- 1 clove garlic
- 1/2 cup diced pancetta
- 5 oz. fresh spinach
- 1 cup fresh shaved asiago cheese

Directions

1. Bring a pot of heavily salted water (it should taste like the ocean) to boil and add pasta; cook according to package directions.
2. Heat a large skillet over medium heat and then add a tablespoon of oil. Add garlic and cook for about 1 minute, until fragrant. Add pancetta and cook until browned. Adjust the heat to low and then stir in the spinach and allow it to wilt.

3. Once pasta is done, add to the pan with spinach along with the remaining oil and stir. Sprinkle pasta with asiago cheese. Remove pasta from heat and serve.

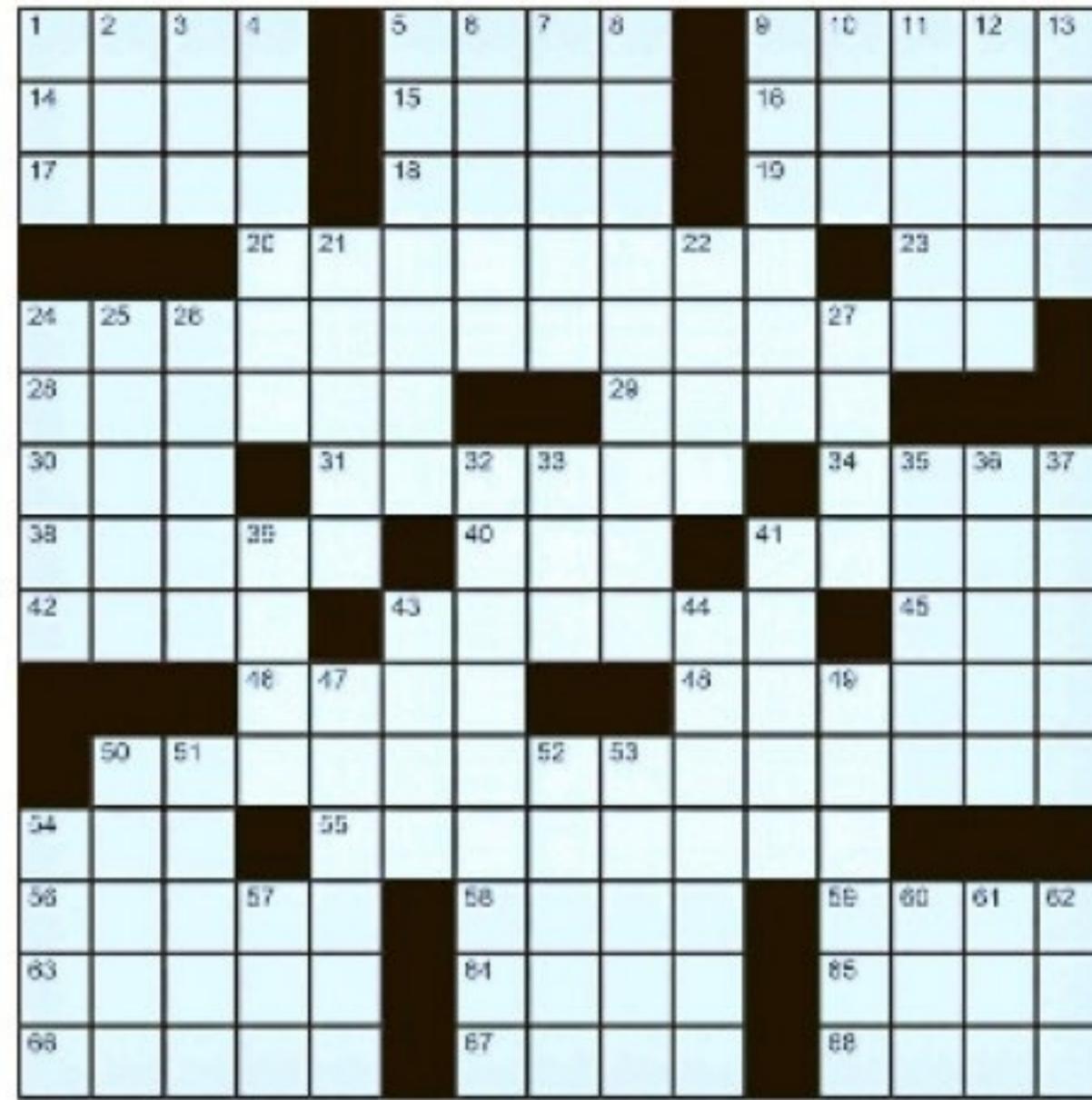
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BY KELLY ANN BUCHANAN

ACROSS

1. Sound soothed by lozenges
5. Hosp. heart recordings
9. Pandemonium
14. 'N' of NS
15. Sheryl of singing
16. Foliaged fence
17. Highway-crossing animal
18. The ___ Report (1976 bestseller by author Shere)
19. Tennis great Mr. Agassi
20. Tornadoes
23. Took the helm
24. Canadian Dr. Edward Asselbergs invented instant flakes for what food?: 2 wds.
28. Procure
29. Wharf
30. Mailing encl.
31. Reacted with shock
34. Stitches-needed cut
38. Hidden-away loot
40. Canuck motorists org.
41. Put forth
42. Kennel protest
43. Car manufacturer of Japan
45. Fun-style photos
46. 2002 Jennifer Lopez album: 'This ___ Then'
48. ___ (Florida resort city, commonly)
50. The Royal Albert, which was recently discovered in Lake Ontario, is a what?: 2 wds.
54. Baseball-playing need
55. House's outside part
56. Decree
58. Shakespeare: 'Thus with a kiss ___' - Romeo
59. Piquancy
63. Fragrant scent
64. The Beatles' Pepper, et al.



DOWN

1. Furthermore
2. Horticulturist's tool
3. Genesis gal
4. Beatles sheep-dog-inspired tune: ___ 'My Dear'
5. Hedgehog-remesbling animal
6. Crackers characteristic
7. Influenced, as the witness: 2 wds.
8. Flowering climbing plants: 2 wds.
9. Purely Puritan
10. Female farm flapper
11. Mixup

12. Shrek's kin
13. Sesame ___
21. Put on the scale
22. Bug's bane brand
24. Like that green stuff on rocks
25. Diminish
26. Be a thief
27. Associations, for short
32. Laboratory professional
33. The ___ Manitoba
35. Tree beavers like
36. Niagara Falls visitor offering
37. Spell caster
39. Washer cycle
41. Sum 41's " ___ Deep"
43. Santa Fe, ___
44. Most grey
47. Draw
49. Toronto-headquartered airline
50. When doubled, Barbra Streisand's 'married lady' song from "Funny Girl" (1968)
51. Functional
52. Marsh grower
53. Book reviewers, e.g.
54. ___ buckle
57. Feline
60. Trunk chopper
61. Grandma
62. Intl. clock standard

*IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Money issues are on your mind today. In addition, you might feel possessive about something that you own.

Taurus April 21 - May 21
Today the Moon is in your sign, which makes you more emotional than usual. However, this also makes you luckier than usual! Yay, me!

Gemini May 22 - June 21
Welcome a chance to work alone or behind the scenes today, because your busy pace is exhausting. This is a good day for writing and studying.

Cancer June 22 - July 23
A confidential conversation with a female friend might be important today. A money issue is on your mind, and perhaps you need to discuss this.

Leo July 24 - Aug. 23
Personal details about your private life are made public, which is not surprising because three planets are in your sign — the Sun, Mercury and fair Venus. No worries, because you look fabulous!

Virgo Aug. 24 - Sept. 23
How can you expand your horizons today? If you can travel, do so. In particular, you will love to do research and explore new ideas to learn something new.

Libra Sept. 24 - Oct. 23
You're busy schmoozing with younger, creative people at this time. Today, in particular, is a good day to discuss shared responsibilities, shared duties or shared property.

Scorpio Oct. 24 - Nov. 22
Because the Moon today is opposite your sign, you have to go more than halfway when dealing with others. This is easy, because three planets at the top of your chart make you King of the Road!

Sagittarius Nov. 23 - Dec. 21
You love to travel, and right now, three planets urge you to do so. However, today is a good day to work to get better organized and get on top of your game.

Capricorn Dec. 22 - Jan. 20
This is a playful day! In fact, you feel prankish, flirtatious and sexy! Enjoy sports events, playful activities with children and social outings.

Aquarius Jan. 21 - Feb. 19
You are working hard. Today is a good day to pull in the reins a bit and hunker down at home. Give yourself a chance to cocoon and relax so that you can catch your breath.

Pisces Feb. 20 - March 20
Co-workers are supportive now, and this is encouraging. This is a good day for a serious discussion with someone, perhaps a sibling or relative.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	6	7	3	
8			1	
2		5		
1			4	
8		1		9 6
5			6 2	7
6				9
	1			4
	8	2	7	3

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